

# FORGING THE FUTURE:



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## Friday FACTS

28 November 2003

"Leadership, Partnership, and Championship"

### DECEMBER—NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION (3D) MONTH



**Get Home Safely After Party—  
Select a Designated Driver**

The holidays are a wonderful time to celebrate and party with family and friends. But drinking alcohol and driving are a dangerous mix.

If your celebration includes alcohol, before you go out, designate a driver who agrees not to drink any alcoholic beverages. The Designated Driver will transport home safely those who are impaired.

If you are hosting a party, encourage your guests to use a Designated Driver. Include a note on your holiday party invitations reminding your guests to select a Designated Driver before coming to the party.

If something unexpected happens and you can't get a ride home with your Designated Driver, call a taxicab or sober friend for a ride, or spend the night where you are.

Have a Happy and Safe Holiday!

Source: National Highway Traffic Safety Administration,  
<http://www.dot.gov>.

### Wellness Fun Facts

#### Exercise and Live Longer

One of the largest studies measuring fitness ever conducted found that exercise will indeed help a person live longer. Led by Dr. Steven Blair of the Institute of Aerobics Research in Dallas, the eight-year study evaluated the fitness and mortality levels of 13,344 men and women. Researchers involved with the study found that exercise reduces the death rate from all causes, particularly cancer and heart disease. Compared with the most-fit subjects, individuals in the least-fit category had death rates 3.4 and 4.6 times higher for men and women respectively. This study documents the fact that a modest amount of exercise can and does go a long way. The equivalent of walking 30 minutes a day is all that is required to move from the most sedentary category to the next most fit category.— American Council on Exercise

#### To Your Health With Fish

Research has shown that eating one or two servings each week of fish high in omega-3 fats is associated with a 30 percent drop in the risk of heart-related deaths. Fish high in omega-3s include salmon, white (albacore) tuna, mackerel, herring, rainbow trout and swordfish.

— *Nutrition Wise*, September 8, 2003, American Institute for Cancer Research

#### Keeping the Exercise Commitment

Commitments made to exercise as part of a group or with a friend tend to be stronger than those made independently. The stimulus of the group often provides the incentive to continue during periods of flagging interest.

— From *ACSM (American College of Sports Medicine) Fitness Book*, Third Edition

### SHARP training events will be held in these locations:

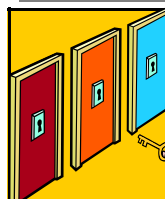


San Diego, 1-3 Dec 03 (SHARPNews Vol 5 No 18, <http://www-ehc.med.navy.mil/downloads/hp/news518.pdf>)

Pearl Harbor, 12-14 Jan 04 (SHARPNews Vol 5 No 19, <http://www-ehc.med.navy.mil/downloads/hp/news519.pdf>)

Naples Italy, 9-12 Feb 04 (SHARPNews Vol 5 No 20, <http://www-ehc.med.navy.mil/downloads/hp/news520.pdf>)

Chesapeake VA, 18-20 Mar 04 (NEHC Workshop <http://www-ehc.med.navy.mil/Workshop04/home.htm>)



**"Every exit is an entry  
somewhere."**

—Tom Stoppard